



## SALMON AND BLUEBERRY SALAD WITH RED ONION VINAIGRETTE

1 medium-sized red onion,  
thinly sliced in half rings  
1/4 cup Regina red wine vinegar  
1 teaspoon sugar  
1 teaspoon salt, divided  
1/4 teaspoon ground black pepper, divided  
3 tablespoons olive oil, divided  
1-1/2 pounds salmon fillet, cut crosswise in  
4 portions  
6 cups lettuce leaves in bite-sized pieces  
1 cup fresh blueberries

In a microwaveable cup, combine onion, red wine vinegar, sugar, 1/2 teaspoon of the salt and 1/8 teaspoon of the pepper; cover loosely with plastic wrap; microwave on high power for 1 minute. Let stand, stirring occasionally, until onions turn pink, about 15 minutes. Meanwhile, preheat grill or broiler. Brush 1 tablespoon of the olive oil on both sides of the salmon fillets; sprinkle with remaining 1/2 teaspoon salt and 1/8 teaspoon pepper. Grill or broil salmon, skin side down, until just cooked through, about 6 minutes. Divide lettuce leaves among 4 dinner plates; place salmon in the center. With a slotted spoon, remove onions from vinegar; scatter onions, along with the blueberries, over and around the fish. Whisk remaining 2 tablespoons of the olive oil into the vinegar mixture; drizzle vinaigrette over salmon.

# Blueberry DELIGHTS

## BLUEBERRY CHEESECAKE FOR CALORIE COUNTERS

3 tablespoons graham cracker crumbs  
2 containers (6 ounces each)  
low-fat vanilla yogurt  
1 cup fat-free cottage cheese  
4 ounces fat-reduced cream cheese  
1 tablespoon cornstarch  
1/2 cup egg substitute  
Blueberry Sauce, recipe follows

Preheat oven to 350°F. Spray bottom and side of a 9-inch pie plate with vegetable cooking spray; sprinkle with graham cracker crumbs, and tilt to coat evenly. Place a coffee filter or two layers of paper towels in a strainer; stir 1 container of the yogurt and spoon it into the filter; set aside to drain, stirring occasionally, about 30 minutes. Meanwhile, in a food processor, blend the remaining container of yogurt, cottage cheese, cream cheese and cornstarch until smooth. Add the eggs and pulse until combined. Carefully pour into the crumb-coated pie plate; smooth top. Bake until set in the center, about 30 minutes. Meanwhile, prepare the Blueberry Sauce. When pie is set, spread the drained yogurt over the top; bake 5 minutes longer. Cool to room temperature on a wire rack. Chill until cold. Serve with Blueberry Sauce.

**Blueberry Sauce:** In a medium-size saucepan, over medium heat, stir 2 cups fresh or frozen blueberries with 2 tablespoons sugar (or granulated non-nutritive sweetener) and 1 tablespoon each lemon juice and water until berries are soft, about 5 minutes; chill.

